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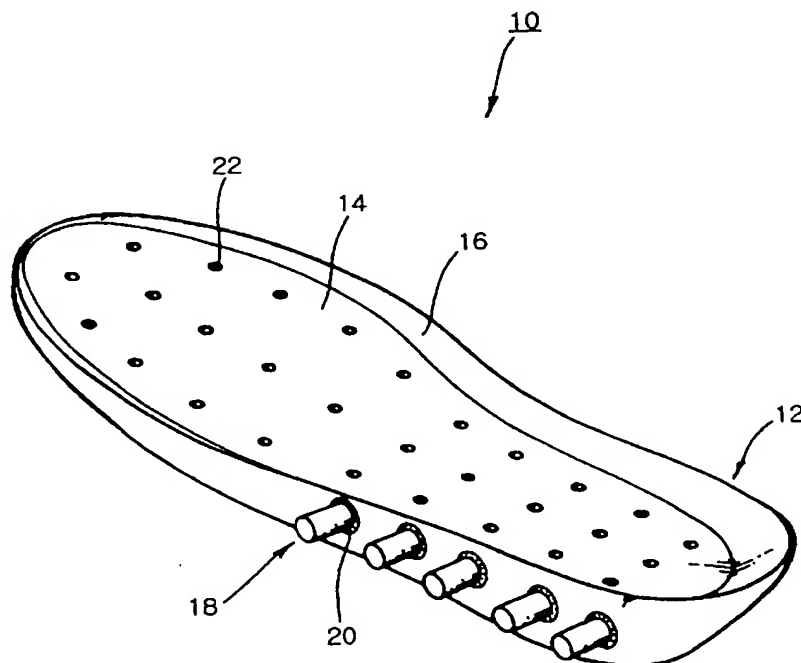
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(54) Title: INNER SOLE ADJUSTABLE IN WEIGHT



(57) **Abstract:** Disclosed is a footwear insole put in a footwear when used, comprising: an insole body put in the footwear; and a load-applying part installed on a rear portion of the insole body to apply load to a user wearing the footwear with the insole body. As described above, when the user uses the footwear insole of the present invention, since the weight of the footwear is increased, the user can obtain an effect similar to a case that he/she wears the sandbag or the lead jacket, thereby increasing the burning of calories and exercise effect.

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